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Nike gave workers a week off to de-stress – 3rd September, 2021

Level 0

Nike gave its office workers a week-long holiday to de-stress. The sportswear company closed its offices so workers could "enjoy additional time off to rest and recover". Nike wanted workers to "take the time to unwind, de-stress and spend time with...loved ones." Nike's store workers worked as usual.

Nike said: "Taking time for rest and recovery is key to performing well....This past year has been rough. We're all human and living through a traumatic event." The holiday shows that Nike cares about mental health. The company wrote: "Support your people. It's good business, but it's also the right thing to do."

Level 1

Nike gave its office workers a week-long holiday to help them de-stress from worries over the COVID-19 pandemic. The sportswear giant closed its offices so workers could "enjoy additional time off to rest and recover". A senior manager at Nike said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's stores did not close. Store workers worked as usual.

The manager said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added that caring for workers would have a positive impact on the company. He said the holiday was to show that Nike cares about mental health. He wrote: "Support your people. It's good business, but it's also the right thing to do."

Level 2

Nike gave its office workers a holiday to help them de-stress from life's worries and the COVID-19 pandemic. The sportswear giant gave its workers a week-long mental health break. It closed its offices so workers could "enjoy additional time off to rest and recover". Nike wants to focus on fighting "burnout". A senior manager at Nike, Matt Marrazzo, said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's stores are still open and store workers are working as usual.

Mr Marrazzo said Nike was taking the lead in mental health issues. He said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added that caring for workers "will have a positive impact on the culture of work moving forward." Marrazzo said the week off was to show that Nike "can prioritize mental health and still get work done". He wrote: "Support your people. It's good business, but it's also the right thing to do."

Level 3

The sportswear company Nike gave its office workers a holiday to help them de-stress from life's challenges and worries caused by the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy additional time off to rest and recover". Nike said it wanted to focus on helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as usual.

Mr Marrazzo said the company was taking the lead in considering the mental health of its workers. He said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and grace we continue to show our team-mates will have a positive impact on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we can prioritize mental health and still get work done". He said it was important for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to do."